

vive®



# MAGNETIC PEDAL EXERCISER

Owner's Manual  
RHB2024

[vivehealth.com](http://vivehealth.com)

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Magnetic Pedal Exerciser as easy as possible. Check out the included QR codes and video links to help you through the process.



To see all FAQs in one place, visit [vhealth.link/wq0](https://vhealth.link/wq0)

## WHAT'S INCLUDED

### Parts List

- Ⓐ 1 pc Front Pipe (longer)
- Ⓑ 1 pc Main Frame w/ bluetooth display
- Ⓒ 1 pc Rear Pipe (shorter)
- Ⓓ 2 pcs Adjustable Pedals
- Ⓔ 4 pcs Carriage Screws
- Ⓕ 4 pcs Arc Washers
- Ⓖ 4 pc Cap Nut
- Ⓗ 1 pc small wrench for assembly



## HOW TO ASSEMBLE



Want to watch us do this?  
Checkout [vhealth.link/y80](https://vhealth.link/y80)  
for an easy instructional video.

**NOTE:** You will need a small wrench (included) to assemble the exerciser.

1. Attach the Front support Pipe, which is wider than the rear pipe, to the Main Frame by aligning the screw holes on both parts and inserting two Carriage Screws into the holes with an Arc Washer and Cap Nut on the side nearest the Main Frame. Tighten the nuts securely with the included wrench.



2. Attach the Rear support Pipe to the Main Frame by aligning the screw holes on both parts and inserting two Carriage Screws into the holes with an Arc Washer and Cap Nut on the side nearest the Main Frame. Tighten the nuts securely with the included wrench.



3. Remove the display and insert the two AAA batteries.
4. Insert each pedal into the correct crank arm on the sides of the Main Frame. The foot pedals are marked with “L” for left and “R” for right. Make sure the markings match during assembly. Please note that the left pedal will screw into the crank tightening to the left, instead of the typical “righty tighty, lefty loosey”.



**Note:** To adjust the rubber foot straps, remove the strap from the pedal and adjust to desired size, re-insert into the pedal.

**NOTE:** Make sure to place the exerciser on a firm and flat surface before using. You may use a mat or a rug under the exerciser to prevent sliding and damage to the floor.

## HOW TO READ THE METER

Distance, Calories, Odometer, RPM, Scan and Time are displayed on the screen.

**Note:** Speed will always be displayed at the top. Use the yellow button to toggle between distance, calories, odometer, RPM and time, with scan meaning it will toggle automatically showing time, calorie, and distance.



# BLUETOOTH INSTRUCTIONS

## Connecting to Your Smart Device

When connected to your smart device, the device will keep track of Calories, Distance and Time. When connected these measurements will be uploaded to the Vive Fit app (not available for guest accounts). Follow these steps to connect to your device:

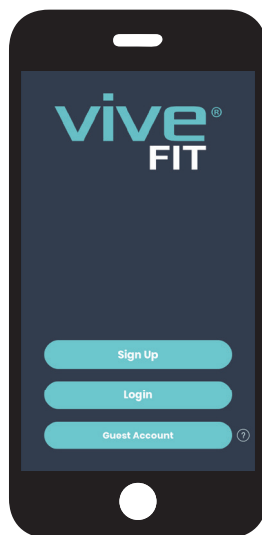
The **Vive Fit app** is available for download on the Apple Store or Google Play store. The app is compatible with iOS and Android devices (iOS version 8.0 or higher, Android version 5.0 or higher).

This device will work with the Vive Precision app. All of the device connections are handled through the app. Before connecting to the Vive Precision app, ensure that the batteries are inserted correctly.

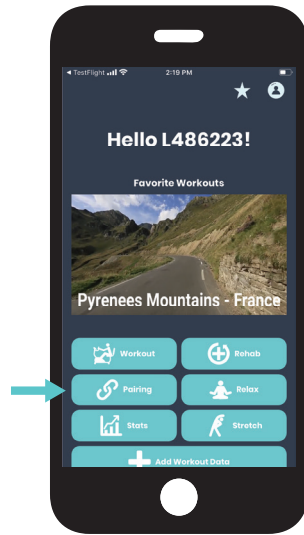
1. Download the Vive Fit app by using your smartphone camera to scan the QR code below:



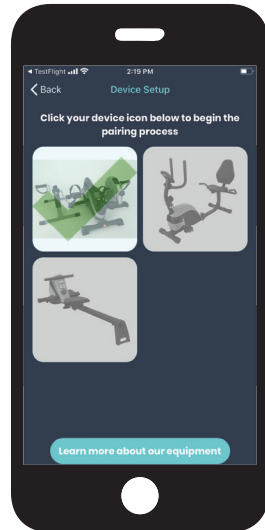
2. Sign up to create an account, or sign in if you already have an account.



- Now at the main screen press the Pairing button.



- The device setup screen will appear, choose the equipment you want to use. Note: if you do not pair a device, in this page before you start your workout the app will ask if you want to connect. A green check mark will appear for any device already paired. Press the box on the bottom of the page to learn more about your device. You can also remove it in your settings.



5. Press the Workout Type button from the main filter screen and then choose the Scenic Tour Workouts screen by following the images below. Note: for the bluetooth function you can choose Workouts from the Coach or Tour categories. The tour option will give you the option to show the current values for time, distance and speed on the screen along with a live map feature. For the Coach workout options the data for time will be saved in theStats section.

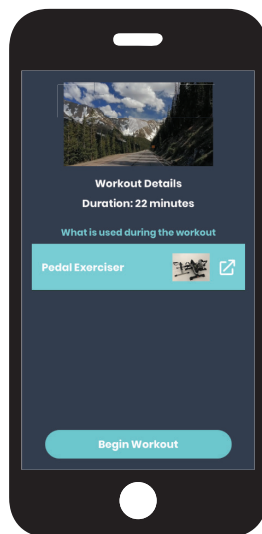


6. The Tour videos will now appear and by clicking on one of the images the preview screen will appear.

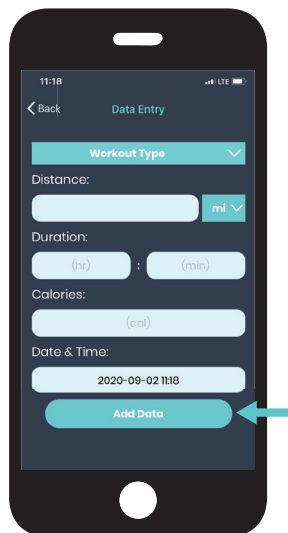




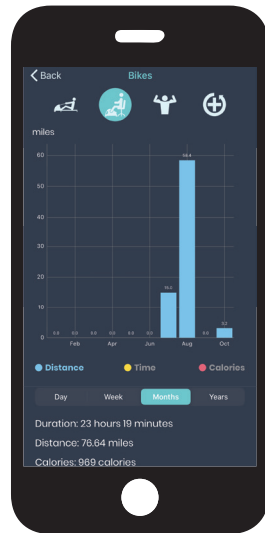
7. This next page has the begin workout button and also the option to see the exercise equipment that is being used with a link to the Vive Health Web Store. You also have the option to click on the Workout Preview screen on top to see if it is something you want to play.



8. After your workout is done the data screen will appear. You will notice the data is already filled in for you, this data can be edited if needed and manually entered if needed by pressing the add data button.



9. You can see your workout results for the day, week, month and year by going to the Stats page, this can be accessed by clicking on the Stats button on the front page.



## CARE INSTRUCTIONS

- Wipe down the exerciser with a damp cloth and dry immediately.
- Do not allow the exerciser to get wet.

## WARNINGS ⚠️

- Before using the exerciser, carefully read this user's guide to ensure correct assembly and use.
- Before starting any exercise, consult your physician for approval in order to prevent accidents and health issues.
- If you are taking any medications that affect heart rate, blood pressure and cholesterol, consult your physician before using the exerciser.
- If you experience any pain, swelling, or discomfort while using the exerciser, stop immediately and consult your physician.
- If you experience headache, choking sensations in your chest, arrhythmia, dizziness or nausea, stop immediately and consult your physician.

- Always warm up your muscles before using the exerciser.
- Keep children and pets away from the exerciser.
- Do not let children use the exerciser.
- For your safety, keep about 2 feet in between the exerciser and any furniture or walls.
- Before using, ensure that all screws and nuts are tight.
- Do not use the exerciser if any part is cracked, worn out or otherwise damaged.
- The maximum weight limit for the exerciser is 330 pounds. Although for safety reasons we do not recommend using the exerciser while standing.
- The exerciser is not suitable for medical use.
- This equipment is designed for indoor use only! It is not intended for commercial use!

## GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at [vhealth.link/wq0](https://vhealth.link/wq0) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



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